

**CLAIM AMENDMENTS**

1. (currently amended) A slip-resistant extremity covering for a person practicing yoga comprising in combination:

an extremity covering dimensioned to fit snugly around an extremity of a person, said extremity covering having a palmer surface and a dorsal surface and having one of fully enclosed finger sections and fully enclosed toe sections, said extremity covering being constructed of a sufficiently malleable material so as to allow an extremity a full range of movement; and

a slip-resistant material coupled to at least one of said palmer surface and ~~at least a portion of~~ said dorsal surface and coupled to one of said fully enclosed finger sections and said fully enclosed toe sections, said slip-resistant material having a high coefficient of friction while at the same time allowing said extremity a full range of movement while inside said extremity covering.

2. (original) The slip-resistant extremity covering of Claim 1 wherein said extremity covering being dimensioned to fit snugly around a hand of a person.

3. (withdrawn) The slip-resistant extremity covering of Claim 1 wherein said extremity covering being dimensioned to fit snugly around a foot of a person.

4. (previously presented) The slip-resistant extremity covering of Claim 1 wherein said slip-resistant material comprising a plurality of raised surfaces having a high coefficient of friction.

5. (original) The slip-resistant extremity covering of Claim 4 wherein said plurality of raised surfaces being substantially dumbbell shaped.

6. (previously presented) The slip-resistant extremity covering of Claim 1 wherein said slip-resistant material comprising an elastomeric material having a high coefficient of friction.

7. (previously presented) The slip-resistant extremity covering of Claim 1 wherein said slip-resistant material comprising a uniform surface having a high coefficient of friction.

8. (original) The slip-resistant extremity covering of Claim 1 wherein said extremity covering being comprised of a breathable cotton-lycra type fabric.

9. (original) The slip-resistant extremity covering of Claim 1 wherein said extremity covering comprising an absorbent material dimensioned to absorb perspiration.

10. (currently amended) A method for practicing yoga comprising, in combination, the steps of:

providing an extremity covering dimensioned to fit snugly around an extremity of a person, said extremity covering having a palmer surface and a dorsal surface and having one of fully enclosed finger sections and fully enclosed toe sections;

providing a slip-resistant material coupled to at least one of said palmer surface and ~~at least a portion of~~ said dorsal surface and coupled to one of said fully enclosed finger sections and said fully enclosed toe sections;

inserting an extremity of a person into said extremity covering; and

practicing a yoga technique.

11. (original) The method of Claim 10 further comprising the step of inserting a hand into said extremity covering, said extremity covering being dimensioned to fit snugly around a hand of a person.

12. (withdrawn) The method of Claim 10 further comprising the step of inserting a foot into said extremity covering, said extremity covering being dimensioned to fit snugly around a foot of a person.

13. (previously presented) The method of Claim 10 wherein said slip-resistant material comprising a plurality of raised surfaces having a high coefficient of friction.

14. (original) The method of Claim 13 wherein said plurality of raised surfaces being substantially dumbbell shaped.

15. (previously presented) The method of Claim 10 wherein said slip-resistant material comprising an elastomeric material having a high coefficient of friction.

16. (previously presented) The method of Claim 10 wherein said slip-resistant material comprising a uniform surface having a high coefficient of friction.

17. (original) The method of Claim 10 wherein said extremity covering being comprised of a breathable cotton-lycra type fabric.

18. (original) The method of Claim 10 wherein said extremity covering comprising an absorbent material dimensioned to absorb perspiration.

19. (canceled)

20. (withdrawn) A glove comprising:

    a fabric portion having a fabric exterior surface throughout; and

    an anti-skid portion having an anti-skid exterior surface throughout;

    wherein the fabric portion is connected to the anti-skid portion

    wherein the fabric portion includes a dorsal part;

    wherein the anti-skid portion includes an outer thumb part;

    as part of a yoga support system that includes a pair of the gloves and a pair of yoga slippers, wherein the yoga slippers each include:

        a slipper fabric portion having a slipper fabric exterior surface throughout; and

        a slipper anti-skid portion with a slipper anti-skid exterior surface throughout;

    wherein the slipper anti-skid portion includes a sole part, and a pair of side parts overlying both sides of the foot of the user; and

    wherein the side parts extend along substantially all of both sides of the slipper at a level of at least mid-toe height of a wearer.

21. (withdrawn) A method of performing yoga, comprising:

placing a pair of gloves on respective hands of a yoga practitioner, wherein the gloves each includes a glove anti-skid portion having an anti-skid exterior surface throughout;

placing a pair of slippers on respective feet of the yoga practitioner, wherein the slippers each include a slipper anti-skid exterior surface, wherein the side parts of the slipper anti-skid exterior surface extend along substantially all of both sides of the slipper at a level of at least mid-toe height of a wearer; and

having the yoga practitioner assume a yoga position; wherein the having includes placing the glove anti-skid surfaces in contact with a rigid surface; and wherein the having includes placing the slipper anti-skid exterior surfaces in contact with a floor.

22. (withdrawn) A yoga support system comprising:

    a pair of yoga gloves and a pair of yoga slippers;

    wherein the yoga gloves and the yoga slippers are configured for use simultaneously by a yoga practitioner to prevent slipping by the yoga practitioner,

    wherein each of the gloves includes:

        a glove fabric portion; and

        a glove anti-skid portion connected to the glove fabric portion;

    wherein the glove fabric portion is connected to the glove anti-skid portion; and

    wherein each of the yoga slippers includes:

        a slipper fabric portion having a slipper fabric exterior surface throughout; and

        a slipper anti-skid portion with a slipper anti-skid exterior surface throughout;

    wherein the slipper anti-skid portion is connected to the slipper fabric portion;

    wherein the slipper anti-skid portion includes a sole part, and a pair of side parts overlying both sides of the foot of a user; and

    wherein the side parts extend along substantially all of both sides of the slipper at a level of at least mid-toe height of a wearer.